



KINGSWOOD SUMMER HOLIDAY SWIMMING POOL TIMETABLE

Monday 3rd August - Sunday 9th August 2026

Sessions can be booked in person, or in advance online at www.activecentres.org or by calling 0300 333 0300

	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	22.00	
MONDAY 3rd	6 5 4 3 2 1	LANE SWIMMING				MAPLES FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS				LANE SWIMMING			FREE DIVE
	5 4 3 2 1	SWIMSTARS LESSONS				FAMILY SWIM	SWIMSTARS	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS								
TUESDAY 4th	6 5 4 3 2 1	LANE SWIMMING			SWIMSTARS SWIMMING LESSONS (ADULTS)	60+ SWIMMING	FAMILY SWIM	LANE SWIMMING (55 mins)	HOLIDAY CAMP FAMILY SWIM	STAFF TRAINING	SWIMSTARS SWIMMING LESSONS			LANE SWIMMING (55 mins)	SWIMSTARS SWIMMING LESSONS (ADULTS)	LANE SWIMMING (55 mins)		
	5 4 3 2 1	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS									
WEDNESDAY 5th	6 5 4 3 2 1	LANE SWIMMING			LANE SWIMMING FAMILY SWIM	FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)	HOLIDAY CAMP FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS				CLOSED	LANE SWIMMING		
	5 4 3 2 1	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS								FAMILY SWIM		
THURSDAY 6th	6 5 4 3 2 1	LANE SWIMMING			LANE SWIMMING FAMILY SWIM	60+ HALF AND HALF LANES	FAMILY SWIM	LANE SWIMMING (55 mins)	HOLIDAY CAMP	DIVING SESSION (Age 8+)	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS	CLOSED	LANE SWIMMING		TRI CLUB	SWIMSTARS LANE SWIMMING (55 mins)	
	5 4 3 2 1	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS										
FRIDAY 7th	6 5 4 3 2 1	LANE SWIMMING				FAMILY SWIM	AQUAFIT	LANE SWIMMING (55 mins)	FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS		LANE SWIMMING					
	5 4 3 2 1	SWIMSTARS LESSONS			FAMILY SWIM	SWIMSTARS FAMILY SWIM	SWIMSTARS FAMILY SWIM	FAMILY SWIM	SWIMSTARS SWIMMING LESSONS									
SATURDAY 8th	6 5 4 3 2 1	SWIMSTARS SWIMMING LESSONS			SWIMSTARS SWIMMING LESSONS		ROOKIES	FAMILY SWIM	LANE SWIMMING (55 mins)	PARTIES	PARTIES	AUTISM/ DISABILITY SWIM PRE-BOOKING REQUIRED*						
	5 4 3 2 1	SWIMSTARS SWIMMING LESSONS				FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	PARTIES	PARTIES	AUTISM SWIM/ PARTIES							
SUNDAY 9th	6 5 4 3 2 1	LANE SWIMMING			FAMILY SWIM	FAMILY SWIM	DIVING SESSION (Age 8+)	SWIMSTARS SWIMMING LESSONS				LANE SWIMMING						
	5 4 3 2 1	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SWIMSTARS FAMILY SWIM	SWIMSTARS LESSONS		FAMILY SWIM	FAMILY SWIM						

KEY

S = SMALL POOL
P = POOL

* PRE-BOOKING IS REQUIRED FOR SESSIONS MARKED *. SCHOOLS SOMETIMES USE THIS POOL SPACE, ON OTHER OCCASSIONS IT WILL BE OPENED FOR PUBLIC LANE SWIMMING.
LANES: Sessions run for 55 minutes (as stated above) or longer. Longer lane sessions also offer flexible arrival times, with last check-in 50-minutes before the session ends.

SESSIONS CASUAL SWIM MEDICAL OR DISABILITY SWIM SCHOOLS CLUBS SWIMSTARS SWIMMING LESSONS PARTIES